

Timeless Transformations

Daily Inspirations – June 2024

(Inspiring Question of the Day) Why do we imagine, or do we imagine anything at all? Using our imagination takes a higher level of thought. "While knowledge defines all we currently know and understand, imagination points to all we might yet discover and create." What initiates our creative process? If it isn't imagination, what is it? Imagination is to form in the mind a notion or idea of something. Or to create a mental image of something - to be produced by the imagination. Are we what and become what we imagine today?

(Inspiring Question of the Day) How much of our internal mind chatter is helpful? That chatter is the streaming video going through our minds saying, what happens if I can't get "xyz" done, or what does "xyz" think about me? Should our thoughts work for us, not against us? We own our thoughts. We can decide what to or what not to think about. Why not use our monkey chatter to be more creative and loving? Should we put our thoughts to the best use and focus on improving our circle of influence, lives, work, and relationships today?

(Inspiring Question for the Day) Is "try" one of the least decisive words we speak? The definition of try is to attempt. If we say try, is it our way of giving us an out? We either decide to do it or not do. If we try, are we then in an endless cycle of trying? If we are decisive about something, and it's a priority, should we "not try" but do and do it with enthusiasm today?

(Inspiring Question of the Day) What is the future? Is it a time yet to come? When does the future begin? Today, tomorrow, whenever we decide? Or is the future an expectation of advancement or refined growth? Does our preoccupation with the future distract us from the significance of now? Is the future something we anticipate or enter? Maybe the future is how we respond to any situation that comes our way, which becomes our life's design. Can we create our best future without missing the power of this moment in every micro-moment starting today?

(Inspiring Question of the Day) What is integrity? Is it to have solid values and principles and act consistently with them? Is it to be honest, fair, ethical, and responsible for our actions and to do what is right? Probably. But the original Latin meaning of integrity is complete or whole. How comforting is answering ourselves, first and foremost, knowing we are fully aligned and undivided? Like steel, how can we reinforce our actions, so we walk in an unbroken state of wholeness today?

(Inspiring Question of the Day) What can we do that no one else can? Is that what makes us unique? Is that what sets us apart? Why not make that one thing our "unique value proposition"? The challenge is how do we find, express, and use it to contribute best to our time on this earthly plane? Is there any greater gift that we can leave behind today?

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(Inspiring Question of the Day) How do we lift ourselves up first thing in the morning and stay that way all day? Isn't that one of the most influential things we can do for ourselves? When our energy is high, are we participating in life-giving activities? Do we pay attention when inspired, lively, and vitality-filled? When our energy is low, are we attached to life-sucking activities? And do we recognize it? How can we commit to spending more time on energy boosters? Should we give our full attention to the powerful current of energy that connects us and brings greater inspiration today?

(Inspiring Question of the Day) How do we make time for fun? Are we so caught up in the daily grind that we must remind ourselves what fun is, or how can we have pure deo fun? Do we take ourselves so seriously that we forget that life is meant to be fun? What is fun? Is it amusement, enjoyment, entertainment, or relaxation? What is fun to one is different for another. Why not find fun in small things? Why not immerse us in life's magnificence and find fun in that? Why not engage in all the things that we love and enjoy today?

(Inspiring Question of the Day) How do we truly define what holds meaning for us? When someone or something is significant, of value, or special, how do we express it? Does it always occupy our thoughts or is it an afterthought? If it's meaningful, do we act, or is it merely wishful thinking? Are our time, treasures, energy, service, love, and kindness the authentic judgement of what is meaningful to us today?